

TOTAL BODY PHOTOGRAPHY WITH FOTOFINDER

WHAT IS TOTAL BODY PHOTOGRAPHY?

Total body photography (also known as “mole mapping”) is an additional surveillance tool to assist with monitoring moles and skin lesions in order to help detect skin cancers, including melanoma. A baseline set of high-resolution photographs is taken of the skin to document existing moles throughout the body. These photographs can be used at future visits with the dermatologist to help monitor for new or changing moles. Follow up photos taken on the FotoFinder system can be compared to analyze deviations in size, color, border, and shape.

WHY IS TOTAL BODY PHOTOGRAPHY IMPORTANT?

According to the Melanoma Research Foundation, every eight minutes someone in the United States will be diagnosed with melanoma and every hour someone will die from the disease. Malignant melanoma is a skin cancer that develops in melanocytes, the cells that produce melanin or pigment for the skin, hair and eyes. Only 20 to 30 percent of melanomas are found in existing moles, while 70 to 80 percent arise on apparently normal skin. Total body photography is one tool to help monitor a patient’s risk of developing melanoma. Early detection of melanoma is very important as it has a cure rate of over 95% when found in its early stages.

WHO CAN BENEFIT FROM TOTAL BODY PHOTOGRAPHY?

Total body photography can be performed on North Metro Dermatology patients who want to undergo comprehensive screening for abnormal moles and melanoma. It is especially recommended for patients who have:

- multiple moles and freckles
- noticeably changing moles
- concerns about moles that may change
- have moles located on the back, scalp, or other areas not easily visualized
- a personal history of melanoma
- a family history of melanoma
- a history of excessive sun exposure
- a history of tanning bed use
- a history of sunburns
- a history of atypical moles
- a weakened immune system due to an organ transplant, cancer, chemotherapy, or human immunodeficiency virus (HIV)

WHAT HAPPENS AT THE TOTAL BODY PHOTOGRAPHY APPOINTMENT?

A medical professional will operate the FotoFinder to take photographs. A second staff member may be present as a chaperone. If desired, a relative or friend may be present during the appointment. If the patient is younger than 18 years, a parent or legal guardian must be present at the appointment.

A typical session includes a series of 16-20 photographs of various zones of the body. Patients may undress to their level of comfort. If advised by the dermatologist, photography may include breasts, buttocks, and/or genitals (unless photography is declined of these areas). An informed consent needs to be signed before the session. The entire visit takes about 30 minutes.

HOW TO PREPARE FOR THE PHOTOGRAPHY SESSION

- wear comfortable clothing and shoes that can easily be removed
- avoid wearing makeup and nail polish
- avoid self-tanning products within 10 days of appointment
- keep hair pulled up and away from the face
- shave areas with significant body hair so that moles can be visualized
- do not schedule the session if a rash, sunburn, or prominent tan lines are present

WHAT HAPPENS TO THE PHOTOGRAPHS?

The photographs are stored on a secure server at North Metro Dermatology. They are not stored in an off-site location (i.e. "the cloud"). Photographs are never shared or viewed by anyone except the dermatologist. The dermatologist will review and discuss the photographs at the full body skin exam visit. The patient will also receive an encrypted digital copy of the photographs.

DOES INSURANCE COVER DIGITAL MOLE MAPPING?

Digital mole mapping may be eligible for coverage by some flexible benefit programs. North Metro Dermatology offers this service for an out-of-pocket cost of \$225 per session. Payment is due at the time of the appointment.

HOW TO SCHEDULE AN APPOINTMENT FOR MOLE MAPPING

The dermatologist will determine if the patient is a good candidate for digital mole mapping at the full body skin exam visit. The dermatologist will also help determine when digital mole mapping should be repeated (typically every two years). Repeat mole mapping sessions should be scheduled at least two weeks before the full body skin exam visit.

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Rev. 6/23